

BRIDGES

ON THE SCENE:

Halloween for Humanity features punk, rock bands **P.4**

FOOD:

Onsby Bread Saled a great starter or side dish for fall supper **P.17**

GARDENING:

Seeding vegetables in fall not a common practice **P.18**

WEDNESDAY, NOVEMBER 4, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

SALLY MEADOWS

Beneath That Star has a message for everyone

Sassy is a young Jewish girl who longs to be a shepherd like her three older brothers. But conception of the day requires that she focus her efforts on gaining skills to run a household, not work out in the fields. When God speaks to Sassy in a dream to watch out for, and follow the bright star in the sky she is both excited and hesitant. Whom will the star appear? How will she make the journey on her own? And what will she find beneath that star?

Beneath That Star is my new children's picture book for ages five to nine, with a timeless message for everyone. The inspiration for the book was a song I wrote for my Christmas



Sally Meadows

CD Red & White which, in turn was inspired by my reflections on what life must have been like around the time of Jesus's birth. I wondered, What if the shepherds of the Nativity story weren't the only ones who saw and followed the brilliant star heralding the arrival of the Messiah? Perhaps how would I have felt to be a witness to this historic event?

As I fleshed out the fictional character of Sassy I envisioned her as a fine agent, looking for a different

kind of life. I also saw her as having a physical impairment symbolizing the imperfections we all have. In many ways, Sassy represents each one of us who makes a decision to believe and her journey like ours, one he fraught with uncertainties and difficulties. Like Sassy what we find beneath that star is immeasurably more than we could ever ask or imagine.

Included in the book are questions that can be used to enrich and expand upon the story. The information on how to access funding for an author reading, discussion, and hands-on activities that complement the Christmas theme of the book please contact me at sallyj@sydney

meadows.com or 306-259-7777. The book's Facebook page is www.facebook.com/beneaththatstar and my musician's page is www.facebook.com/SallyMeadowsMusic.

Beneath That Star was illustrated by Sarah E. Nickel and is available for purchase for \$14.95 on my website www.sallyjmeadows.com, publisher Word Alive Press, amazon.ca, and at major bookstores and select stores across Canada. You can purchase my Christmas CD Red & White on my website at McNellysBalanceBooksellers.ca, otabooks.com, amazon.com, or amazon.ca.

Meet Sally Meadows at the following Saskatoon book readings: Nov. 1, 1-3 p.m., Deans Market Plaza, New



14, 3-4 p.m., McNellys Balance; Nov. 15, 5-6 p.m., Indigo on Eighth Street; Dec. 13, Kennedy's Possible Quest TBA.



November 14, 2015, 7:30pm

Ticket Price:

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ON THE COVER P. 7



Don Narbonne was inducted to the Saskatchewan Roughriders Place of Honor in 2003. **#BridgesPhoto** by James Schloesser

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Don Narbonne, who spent his entire 13-year career playing with receivers for the Saskatchewan Roughriders, has launched an annual charity youth football camp to teach kids how to catch and give them the same inspiration Narbonne received when he was in university

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Food writer Denise Kohnman says Croy/Sliced Salad with Roasted Mushrooms and Brussels Sprouts is a real treat in fall and winter

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Not all vegetables can be seeded in the garden before winter but there are a few vegetable crops that can be fall sown with success

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Wine de Luxe is a great place. The bouquet is spicy and fruity, with black and red berries, vanilla and a bit of clove.

FOOD P. 17



Roasted Brussels sprouts and golden mushrooms give *Paris* to a Croy/Sliced Salad. **#BridgesPhoto** by James Schloesser

BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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ON THE SCENE

HALLOWEEN FOR HUMANITY IV

Halloween for Humanity IV resumed this year to feature some of the best punk and rock bands, including Rise Against and Weezer. Money raised through the cover charge and 50-50 draw goes to the Siskiwitow Crisis Nursery and the Siskiwitow Community Alcohol Youth Center, while donated items were collected for AIDS Salvation. The event was held Saturday at Vangelis Tavern.

BRIDGES PHOTOS BY LIAM RICHARDS



1. A band performs during Halloween for Humanity at Vangelis on Saturday.

2. Phil Legacy and Jane McWhorter.

3. Dilyn Gwendler, Jordan Ziskow and Savannah Wilson.

4. Dave Kitter, Cesa LaVioe and Shanna Whitmore.

5. Mark Ferguson and Duff Daschek.

6. Itchy & Scratchy are on the scene for Halloween for Humanity.

7. Halloween for Humanity featured punk and rock bands.

8. Lence Woods.



ON THE SCENE



ARTS & LIFE

EVERY DAY IN THE

The StarPhoenix

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City of Saskatoon

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- redevelopment along our major corridors, and;
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Christa Martin
Parkville Resident Since 2010
Parkville Resident Since 2010

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IN THE CITY

OCTOBER 31, 2015 — 1:20 P.M.

Head in the game



University of Saskatchewan Huskies Jennifer Alfaro heads the ball past University of Lethbridge Pioneers Glenn Japac in CIS women's soccer playoff action in Saskatoon. Photo by JEFFREY M. HARRIS

ON THE COVER

I had to run longer than other people. I had to out-work everybody. — Don Narcisse

#DONNARCISSE

Playing the game between the lines and in real life

By HenryTye Glazebrook

Don Narcisse was 21 years old before he got to meet a professional athlete.

The man who visited Texas Southern University, which Narcisse attended in Houston, was James Murphy, then a wide receiver for the Winnipeg Blue Bombers. The interaction ended up changing the course of Narcisse's career.

"The guy started talking like, 'I caught a hundred-and-one punts in the CFL. I did the loogie,'" Narcisse said.

"I'm looking at him like, 'Man, he's not that tall. I could be just like him.'"

Today, Narcisse is a Canadian football legend who spent his entire 13-season career playing wide receiver for the Saskatchewan Roughriders. In 2014, he launched the Don Narcisse All-Star Event, an annual charity youth football camp that brings out current and former players to train kids in the sport, teach them core values and give them some of that inspiration Narcisse got in university at a young age.

"All I'm trying to do is get kids off the violence and get them into the game. That game could be anything. It's not about football. I tell all the parents it's not about football. It's about the kids having a great attitude, being around other good players and getting the chance to meet their mentors," Narcisse said.

Though he moved to his home state of Texas after retiring in 1996, his 2006 return to be inducted into the Canadian Football Hall of Fame ensured Narcisse to come back to Saskatchewan.

A standing ovation from a legion of 3,200 Green and White fans as he accepted the award made it an easy decision for his family to make the move, but Narcisse wanted to do more for the province that accepted him as one of its own.

"One thing I wanted to do was to give back to this community, and the best way to do that was through the kids."

In previous years, All-Star Events have helped around 150 young athletes in Saskatchewan and Moose Jaw take part in professional-level drills with the players they aspire to be. In Regina, the charity's home city and host of its yearly gala celebration, Narcisse says that number can reach as high as 400.

For 2016, Narcisse has plans to expand the football camp to another three Saskatchewan cities, including Estevan, Prince Albert and Moose Jaw as well as beyond the province's borders to Kelowna, B.C.



Continued on Page 8

Former Roughrider great Don Narcisse returned to his Saskatchewan in 2010 and continues to give back to the province. (NARCISSE PHOTO BY HENRY GLAZEBROOK)

I try to give the kids the real deal. If this is something you want to do, I'm not going to sugar coat it. I'm gonna do exactly what I would have been coached or told to do as a youngster, too. — Belton Johnson



Former Roughrider Belton Johnson (right) has been taking part in every Don Newcombe All-Star event since its start and has no plans to stop. (Photos: Photo by Michael Biles)

Belton Johnson, who played offensive tackle for the Roughriders from 2006-08, has taken part in every football camp for the Don Newcombe All-Star event and plans to continue that tradition as its sole referee in the coming years.

Growing up in Mississauga, Johnson lived and died for football. He and his brother watched games on TV every Sunday and collected their favourite players' trading cards.

He remembers his mother taking the two

boys to their first pro football game, the New York Jets and the Houston Oilers (now the Tennessee Titans). They didn't have the best seats and Johnson didn't get to meet any of the players. But to him, that's the experience that got him going that year. Later he started taking part in AE Star events to try to inspire others in the same way.

Told it because I know the kids — especially under 10s — the kids are the players as something they want to be when they grow up," Johnson said.

"If they can get excited to see me up close and personal, who knows? Maybe 10 years, 20 years down the road they'll be telling the story of, 'I remember Belton. I was at the Don Newcombe football camp and he pushed me.'"

In helping coach, Johnson says he has all ways tried to push the young athletes to the peak of their abilities.

"I try to give the kids the real deal. If this is something you want to do, I'm not going to sugar coat it. I'm gonna do exactly what I would have been coached or told to do as a youngster,

too. I try to give the real thing, coaching to them. I'm the one coaching and yelling," he said.

"I probably scared a bunch of the kids when I first started off, but these groups of kids come to me to learn how each and every year and they go further, better and better."

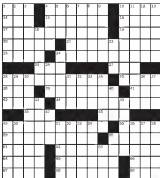
Johnson makes a point of pushing out those returning kids and elevating them to youth leaders at the camp, having them explain plays and shout out instructions for newcomers. He hopes the extra responsibility will mould them the same way football did him.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "_____"
4 Post
10 Boulder stamp
12 1920s Radio event
13 Calf specification
14 Mail stoppin' in '7
17 High-revolution
18 'Look a pointer at
20 Movable mail bus
21 Performances with
22 Current music input
24 Decade of
25 Fertile clinic quiz
27 Fresh paper orders
when
28 Worksheet didn't
become a 1990s fad
30 'Holy cow'
32 Being after
33 Clinics all over
34 Decade's most
35 David Spade look
36 Western of a giant
38 Hustle with a jewel
40 Debut item for many
TV shows
41 New tie belt
42 Flying mechanical insect
43 Futuristic blazin' on
44 Gaseous poddies of the
space law
45 Extra-long items for
memory—or a hint
to the stars of '74
46 1960s—'60s and
47 Ladies' pen
48 Cheese pen reminders
49 Greek H
50 Used Don Tilden
51 Part of the Wyndham
Hotel group
52 Like a chicken leg, skirt



DOWN

- 1 Platoon of AIs
2 "Cousins' Kaitlin" for
one
3 Like at work
4 Ending with metal or
fuel
5 Out of a drill
6 Against a court
7 Please to wear
8 "_____" by
9 Nurse Mary is
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13 Like water treatment
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PUZZLE BY WILSON CHENG

#JANRIC
SUDOKU

Level: Bronze
Fill in the blank cells
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
box. Use logic and
process of elimination
to solve the puzzle.
The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Solution to the
unworded puzzle will
be the Sudoku code
found on Page 19

BRA CLINIC

No Fitting Fee, No Shopping & Modeling! A product available at
the time of fitting for purchase

Now
representing
the Tabboo!
Jeanne Leuninger

WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeanne International, founded in 1993, manufactures health bras based on the engineering of the Golden Gate Bridge (believed load suspension). Shirley McInnes (International Executive Director), a Certified Bra Fitter, is coming to Saskatoon for a 3 day Bra Clinic Bras on the market with trials and lace may look nice, but they are not doing their job. 85% OF WOMEN ARE WEARING THE WRONG BRA! A women needs support from beneath the breast tissue. The Tab and the JeanneLeuninger Bra both fit small to tall figure, sports, maternity and maternity—200 sizes and 8 styles to choose from 30A—48KK, no bounce, no wires, no gusset or brasies or compressed lymphatic drainage and circulation. Does not ride up in the back or roll off the shoulders and provides better posture. Switching to a custom fitted bra is like giving up a floppy pair of slippers for an orthotic shoe. Once women adjust to the uplift and support (a couple of weeks) you become a We-King client. Doctors, massage therapists, chiropractors often refer their patients to us.



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All I'm trying to do is get kids off the sideline and get them into the game. That game could be anything. It's not about football. — Narcisse

"Football's done so much for me to watch just becoming a player. It's taught me hard work, leadership, discipline. I think kids need it," Johnson said.

"If I was back home in Miami again, it was a way for me to stay off the streets. It gave you something to do — something to occupy your time instead of sitting in front of the TV playing a video game. Just get out there and work your butt off."

...

Joe Gurnea, Narcisse's agent and co-ordinator of Miami Jun's All-Star Event, met every athlete who came in taken a different approach with the kids.

"Some of them are loud and vocal and really pump the kids up. Some are subtle in the way they do things. But they always bring that message that anything's possible if you work hard for your dreams," he said.

Gurnea looked back on one event attended by a young girl diagnosed with cancer. Though her illness kept her from taking part, she joyously showed signs her siblings from the sidelines.

When Narcisse saw her Gurnea says he went above and beyond to make the day a highlight for the girl as well.

"We just took control of that situation and made sure she had every thing. Made sure she got everything and made sure she got some pictures and the autographs she wanted. To me, that's as charitable as it gets."

"Don's got a big heart, and I think he was proud to be able to do that, and humored. He's very humble when it comes to that stuff."

Gurnea has developed a close relationship with Narcisse since they met in 2008. He echoed the player's sentiments that the All-Star Event is a way to introduce kids to professional athletes, and added that it helps humanize those players and make their successes feel attainable.

"No matter how big or small or fast anyone is or what your circumstance is, there's an opportunity to be the best you can be and achieve a high level. Don's not the biggest fella in the world — he's not an All-Star — but he's had a successful career," Gurnea said.



Don Narcisse was a receiver with the Ringkickers for 13 years. He had 1000-plus receiving yards for seven consecutive seasons from 1989-95. **FILE PHOTO BY DON HEALY**

(Narcisse) just took control of that situation and made sure she had everything, made sure she got everything and made sure she got some pictures and the autographs she wanted. To me, that's as charitable as it gets. — Joe Gunnis

PHOTOGRAPH BY JEFFREY M. HARRIS FOR THE STAR

A lot of people would not have pegged Narcisse as a future professional soccer player. An early diagnosis of autism could have set him back, but instead it taught him to push harder.

Narcisse never told anyone about his condition — he didn't want to use his autism as an excuse — but instead developed a grudge-free routine to work around it, showing up two hours early and doing a strenuous run to "open up my lungs."

"I had to run longer than other people. I had to outwork everybody," Narcisse said.

"When you can't breathe, nothing else matters but that next breath. As much as I wanted to breathe it so much as I wanted to be on that football field."

His drive paid off, and in 1999

he was signed by the Seattle Sounders. He made roughly 500 other athletes competing for four modest positions with the team, and credits his mother who gave him \$80 to cover his travel to the training camp with asking the life-changing opportunity possible.

"I got a chance. I'm still living on those first dollars, and I'm helping other kids out."

"Though his mother died years before he was selected into the Canadian Football Hall of Fame, Narcisse continues to build on the values she taught him.

"Hard work beats talent when talent doesn't work hard. You don't have to be the smartest, you don't have to be the fastest, you don't have to be the biggest, but if you're out there and you work hard, you can outlast anybody that you're going against. I live that every day."



Don Narcisse signs autographs at an All-Star Event football camp held for youth in Saskatoon. PHOTOPHOTO BY JEFFREY M. HARRIS

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Above Your Expectations!

EVENTS

What you need to know to plan your week.
Send events and photos to [Bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

MUSIC

Wed., Nov. 4

Remixed Ladies w/ Alex Doyle
35 22nd St. E.

Stereo Playground
Bulls on Broadway,
817 Broadway Ave.

Mac Demarco w/ Alex Collier
and the Courtney
O'Brien Event Centre,
240 Second Ave. S.

The Motorbogan w/ The Dying Arts
Capitol Music Club,
244 First Ave. N.

Justin Rybicki
Piggy's Pub and Grill,
1403 Highway 101 N.

Thurs., Nov. 5

Dean Gallagher
Cricket's Restaurant &
Lounge,
11227 Peachtree Dr.

Charger
Bulls on Broadway,
817 Broadway Ave.

Boets Serlet: Steffen Færevig
The Basement,
204 Fourth Ave. S.

An Evening with Jeremy Fisher w/ Fern Vercillo
Bulls on Broadway,
808 Broadway Ave.

Flt.
Bulls on Broadway,
817 Broadway Ave.

Blanco Finkler: Steve Ammons
Blanco Serlet: Lee Harvey Oswald
The Basement,
204 Fourth Ave. N.

JET Run
Army & Navy Club,
309 First Ave. N.

North of the Border
Tooe Town Tavern,
3330 Fieldgate Dr.



The Remixed Ladies, subject to cancellation with a performance at 1021 place tonight. PHOTOGRAPH BY NICK PROSSER

Seiji's Rhythm Kings
Fairfield Senior Center
Centre,
103 Fairmont Ct.

Swody Rock
Machelly Robinson,
3130 Eighth St. E.

Friends of Poes w/ Pandies in Japan, Stephen Matthews and Ben Dean Run
Capitol Music Club,
244 First Ave. N.

Twins River w/ Veno
Armpits Cantina,
806 Duffin Ave.

Excessive Behavior
Piggy's Pub and Grill,
1403 Highway 101 N.

Sat., Nov. 7

Superwoman
Bulls on Broadway,

Plan a Ladies: Tami Van Seters
The Basement
204 Fourth Ave. N.

Jett Run
Army & Navy Club,
309 First Ave. N.

Heavy Startup
Narlene Legien,
3001 Lozier Ave.

Solo Tones
Downtown Legion,
606 Spokane Creek N.
MARC HOLT Trio
Machelly Robinson,
3130 Eighth St. E.

Glenn Kelly w/ Bears in H-jewess
Armpits Cantina,
806 Duffin Ave.

Big Turk
Piggy's Pub and Grill,
1403 Highway 101 N.

Acoustic Jam
Bulls on Broadway,
817 Broadway Ave.

The Lonely Boy Orchestra Tribute Show
Deluxe Dunes Casino,
204 Deluxe Dunes Way,
Whitlock

**Joining Bridges Series: Per-
ver Young - A Canadian
Celebration of Blaine w/
Robert Young and The
Real Deal**
The Basement,
204 Fourth Ave. N.

**French Dress w/ Mosh Vio-
cer and Scott Coburn**
Capitol Music Club,
244 First Ave. N.

Mon., Nov. 9

The 3 Canadians
Bulls on Broadway,
817 Broadway Ave.

Tin Hicks w/ Cold Creek
County and Jason Bennett
218 First Event Centre,
241 Second Ave. S.

Stich Assen w/ The Shines
Armpits Cantina,
806 Duffin Ave.

Tues., Nov. 10

Whiskey
Bulls on Broadway,
817 Broadway Ave.

Crown Gals w/ Black Hell
Offend Lovematt
Vergil's Tavern,
801 Broadway Ave.

ART

The Gallery at Frances Mc-
Inten Central Library
Until Nov. 5 at 317 2nd St. E.
Surfboards, urban photography,
by Ron Casky

SCVAP Art Gallery
Until Nov. 6 at 232 7th Ave. S.
5 imperfect new sculptures
by Mathew Tschewe

Artist's Loft Studio
Nov. 6, 4 to 9 p.m., Nov. 7,
noon to 3 p.m., and Nov. 8,
noon to 4 p.m., at 817 Main St.
MAX Artist Collective Fall
Show and Sale.

Revel Arts
Nov. 6 to Dec. 12 at 436 3 1/2 St.
W. The Surface by Ghem
Hue Catherine Dang, Video
and photographic installation
works. Artists talk Nov. 6, 7
p.m. Opening reception Nov.
6, 8 p.m.

Mass Art Supply
Until Nov. 26 at 188 Lorne Ave.
Artwork by Les C. Weaver. Re-
ception Nov. 2 p.m. to 6 p.m.

A Thrifty Gallery
Until Dec. 12 at 303 Broad-
way Ave. County Wives &
Daughters of the Country.
Mavis Wilmer of This Laundry
Leah Marie Serlet. Making
relationships women's social
networking with the land.
Artists talk Nov. 2, 2 p.m.

Art Show and Sale
Nov. 7-9 at 1 & 5 Picture
Warehouse, 121 Jasper Ave.
Wrote by Sue Ford and John
Zouros. Reception Nov. 7,
1 p.m. to 5:30 p.m.

Centre East Galleries
Until Nov. 8 at The Centre,
3200 Eighth St. E. Art by the
students of Explorer School in
the Royal Gallery, display by
Ingeborg Photography in the
Junction Gallery, display by The
Saskatoon Centre Club in the
Saskatoon and Creeville Galle-
ries, display by The Saskatoon
Public School Board in the
Magenta and 4 Indigo Galleries,
display by the Royal Canadian
Legion runs in the Jade
Gallery until Nov. 10.

EVENTS

What you need to know to plan your week.
Send events and photos to Bridges@thetartphoenix.com

The Gallery at Art Placement
Until Nov. 13 at 328 Third Ave.
5. Series: Play by Robert Christo.

Collector's Choice Art Gallery
Until Nov. 14 at 6350 First Ave. N.
Highly textured landscapes by Richard Martin. In gallery one and around the abstract paintings by Maria Chatterton. In gallery two, works by gallery artists are also on display.

Hend Wave Gallery
Until Dec. 30 at 409 Third Ave. N.
Midwest. White. White. From work by June J. Jacobs. Reception Nov. 29, 2 p.m. to 4 p.m.

Station Arts Centre
Until Nov. 30 at 700 Railway Ave. N.
Thousand. Thousand by David W. Jones. From work by Luke and Mad Hatters.

Gallery on the Bridges
Until Nov. 30 at 1000 1000 City Hospital. Watercolours by Patricia L. Cline.

Western Development Museum
Until Dec. 31 at 2610 Lorne Ave. Canada. Day 1 from the Canadian Museum of Biodiversity at Pier 21. Explore immigrants' lives and the personal day 1 experience. From 10 a.m. to 4 p.m.

Westside Studio & Art Gallery
Until Dec. 31 at 3000 Spadina Ave. W.
Nine mixed-media works by artist Elizabeth.

Market Mall Playland Art Gallery
Until Jan. 2 at Market Mall, 3325 Preston Ave. The Society of Authors. artwork by St. Luke School students.

Utterson Museum of Canada
Until Jan. 31 at 910 Spadina Ave. W.
From 10 a.m. to 5 p.m. by photographer Scott Williams. Reception Nov. 29, 2 p.m. to 4 p.m.

* FAMILY

Shoe in Stroll
Wednesday, 5:30 a.m. to 10 a.m.



Colour Study by Robert Christo is on display at The Gallery at Art Placement.

10:30 a.m., most in front of Customer Service at Lawson Heights Mall. Classes consist of power-walking, body-sculpting moves using aerobic tubing and a social mix for parents and babies. Register at www.northwestbc.ca. No classes on set holidays.

Baby and Toddler Sign Language Class
Six weeks of classes starting Nov. 4, 10 a.m. to 11 a.m. at My Smart Hands Saskatoon. For families who have preschoolers from Level 1. Information at my-smart-hands-saskatoon.com or Facebook.

Stars and Stripes
Wednesday, 1 p.m. at Centre Cinemas in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume,

dimmed lighting, a changing table and stroller parking in select theatres.

Park & Toddler Field Art Class
All classes for kids of all ages.

Time for Toddlers: Toddler's Play
Nov. 4, 9:30 a.m. to 11 a.m. at 580 Bedford Hall. The Saskatoon Symphony Orchestra explore classical music with children ages two to five. Bring your favourite stuffed toy for a musical game. Tickets and information at saskatoonsymphony.org.

Children's Play Centre
Daily at Lawson Heights Mall. A fun, safe environment for preschool children to play. Children must wear socks in the play area. Please note this is an unattended play area, and adults must stay with and supervise children at all times.

Fun Factory Indoor Playground
Daily at 15333 Quebec Ave. A giant indoor playground

Market Mall Children's Play Centre
Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Scouters
Thursday, 9:15 a.m. to 11:15 a.m. at Emmett's Super Shop. A shop in indoor playgroup for children ages 0-5 and their parents/caregivers. Information at scouters.ca, email info@scouters.ca.

Parent and Toddler Yoga
Thursday, 9:30 a.m. to 10:30 a.m., and Saturday, 10:30 a.m. to 11:30 a.m. at YogaLife. 1-15 Third Ave. S. Classes taught by Nina Zetti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and more. Classes are six weeks. Register at freedomfirstyogalife.com, call 306-381-8833.

Free Reading Cafe
Thursday, 10 a.m. to 11:30 a.m. at Westside Public Library. A place to read and learn. For book-loving women. Sessions will be facilitated by a facilitator consultant with a brief educational presentation, and time for interaction with the other readers.

Morning and No. Poetry Painting
Nov. 6, 7 p.m. at West Point Primary. 2100 Spadina Ave. Available for ages six to 13. Paint over a gacapon book. Register at 306-373-3219.

Free Partner Workshop: Yoga for Children
Saturdays, 10 a.m. to 11 a.m. at North Station. 240 Third Ave. S. Instructed by Nina Zetti. Learn various tools and techniques to help you through the week and day. No previous yoga experience is required. Classes are six weeks. Register at freedomfirstyogalife.com, call 306-381-8833.

Morning Baby Yoga
Monday, 11:15 a.m. to 12:30 p.m., at YogaLife. 2-15 Third Ave. S. Classes taught by Nina Zetti. For mothers with babies as young as six weeks. Some and strengthen your body, learn relaxation and meditation tools and explore breathwork. Classes are six weeks. Register at freedomfirstyogalife.com.

Preschool Yoga
Monday, 12 p.m. to 1 p.m. at Pregnancy and Parenting Health Centre, 240 Third Ave. S. Beginner to intermediate yoga designed to help with postnatal recovery. Bring a friend to join with a certified yoga teacher. Schedule for November. Register at pregnancyandparenting.ca, call 306-381-8833.

Canadian Light Source
12:30 p.m. to 4 p.m. at the Canadian Light Source. An interactive exhibit. The synchrotron research facility is open for the public. Reservation is required. Call 306-663-3644, email public@lightsources.ca or visit lightsources.ca to view public hours.

Prenatal Yoga
Monday, 6 p.m. to 7 p.m. at Pregnancy and Parenting Health Centre, 240 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-231-0242 or email info@pregnancyandparenting.ca. No class on set holidays.

Naturally Yours
Monday evening Dec. 28, 7 p.m. to 9 p.m. at Birth Rhythms House, 656 Saskatchewan Ave. S. A series of prenatal childbirth education series to prepare you for the birth of your child. Information at birthrhythms.ca.

Atch and Play
Tuesday and Wednesday, 10 a.m. to 11 a.m. at Scouters through April. For children up to age five. Semi-structured, craft, music, story time, and more. Email storyandplay@saskatoon.ca or visit the Facebook page.

EVENTS

What you need to know to plan your week.
Send events and photos to Bridges@thephoenix.com

Kid Yoga Classes

Agree five to 10 on Saturdays, 10 a.m. to 12:15 p.m. (Homeschoolers ages five to 10 on Mondays, 10 a.m. to 11 a.m. at Yolo USA, 2-13 Third Ave. S. Classes taught by Nina 2022. Help kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at childrenofyoga@gmail.com.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNelly Robinson 3030 (Opposite E. For children ages three to five at the Circle of Arts, 306-989-5477.

Playgroup

Monthly and seasonal events. Hosted by Phoenix Parents Learning Community, a group of families interested in helping children learn. Program is aimed at children ages three to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages five to six can learn about technology and how a engineer help it develop. Games, experiments, and club with friends on STEM events and activities. Get information and register at engineeringforkids@azcentral.com or 326-56-4555.

BRICKS & KIDZ: Saskatoon

Register after school sessions, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique friendships, play games, and have fun using LEGO bricks. Visit bricksandkids.com or call 306-798-2769.

Saskatoon Public Library Programs

Creative daily programs for children and families. Find the calendar at saskatoonlibrary.ca/events.

■ SPECIAL EVENTS

Ergebnis Assessment Skills

Wednesday and Thursday, 10 a.m. to 3 p.m. at St. Paul's United Church, 414 1/2 Ave. S. Thursday, 10 a.m. to 3 p.m., at Pacific Sky Farmers' Market for babies, children, men and women, and jewelry.

Saskatoon Farmers' Market

Come year-round. Wednesday and Sunday 10 a.m. to 3 p.m., Saturdays 9 a.m. to 3 p.m., Sundays are on attendance. Tuesday to Friday, 10 a.m.



(From left) Daphne Tasse, dean of the Edwards School of Business; Stephanie Larent, a top Canadian curler; and Kimberly Jones (who was 12th woman curler) will be celebrated at the 33rd Annual Women of Influence Breakfast. (Photo by Bridgette H. for the Phoenix)

to 3 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-989-6252, info@sfm.ca.

Mayfair Carpet Sewing

Wednesdays, 11:30 a.m. at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-651-3851.

Family Alzheimer's Support Workshop

Nov. 4, 6:30 a.m. to 8:30 p.m., at Cliff Wright Library. Hosted by Home Instead Senior Care. Create a better care experience for your loved ones with Alzheimer's and other forms of dementia. Learn practical care techniques and how to provide the best care. Register in advance at 306-989-4603. memorabilia@homeinstead.com, homeinstead.com/saskatoon-uk.

Know GMD: An uplifting discussion

to be held Nov. 4, 7 p.m., in Newby Timin Theatre in the U of I Arts Building. A lecture by Bob Salk. This is a free public lecture. Information at aguest@uofib.ca.

33rd Annual Women of Influence Breakfast

Nov. 5, 7:30 a.m. to 9:30 a.m., at Presidential Hall. Honoring three women from our community who demonstrate leadership. Kimberly Johnson, Stephanie Larent and Daphne Tasse. Tickets at womenofinfluence.ca.

Country Farms Marketplace on

at Confederation Mall Thursdays and Saturdays until

Christmas, 10 a.m. to 4 p.m., across from Urban Planet at Confederation Mall. An indoor marketplace featuring home-crafted food, fresh vegetables, ice cream desserts, bread, ferment sausage, cabbage rolls, popovers, squares, pies, preserves, handcrafted items and home-based business vendors.

Pacific Sky Farmers' Market

Thursdays, 10 a.m. to 3 p.m., at St. Paul's United Church. Kids eight and over. Vendors at all food and craft items.

Carpet Bowl

Thursdays, 12:15 p.m., at Nations Landing Hall, 3212 1/2 Ave. S. Hosted by the Nations Senior Citizens Association. Lunch and coffee are available for a fee.

Ghouls and Rainbows: Halloween

Thursday evenings at Pacific Canada Centre, 1407 Albert Ave. A silent auction with a raffle and a special presentation. Saskatchewan's Francophone choir is looking for new members to celebrate its 25th anniversary this season. Information at 306-343-9446, choreuse@pacificcanada.ca.

Georgie Immersion in Music

Thursdays until Dec. 3, 7 a.m. to 8:30 p.m., at Queen's House Reform and Renewal Centre, 601 Taylor St. A vibrational sound healing experience. This is a weekly drop-in session. Information at georgie@renew.ca, 306-270-3900.

SFGC Seniors

Thursdays, 1 p.m., in room 12 at Albert Community Centre, 610 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many coun-



(From left) Daphne Tasse, dean of the Edwards School of Business; Stephanie Larent, a top Canadian curler; and Kimberly Jones (who was 12th woman curler) will be celebrated at the 33rd Annual Women of Influence Breakfast. (Photo by Bridgette H. for the Phoenix)

tries around the world. Everyone is welcome. First night is free. Information at 306-234-6005, sfgc@renew.ca.

Shunkert Lecture

Nov. 5, 12:30 p.m., at Broadway Theatre. Alexander McCall Smith discusses how people behave in the world and on the page. Tickets at 306-662-5336, broadwaytheatre.ca.

2015 Saskatchewan Seniorsmobile

Nov. 4 and 5, 9 a.m. to 10 p.m., Nov. 7, 10 a.m. to 6 p.m., and Nov. 8, 11 a.m. to 5 p.m., at Grand Island Park. An indoor enjoyable event! Display information, clothing and accessories, tourism destinations, maps and more items. Admission at the door. Information on their Facebook page.

Second Annual Hair to Love

Nov. 4 at TCU Place. Hosted by the Angels and Friends Foundation & Las Vegas Hairdressing. With Tessa dining, live music by Kelsey Piro, dance and aerial performance, silent auction and raffle. Funds raised support children, literacy and research programs. Information at angelshairfundus.ca.

Artisan Fine Craft Market

Nov. 6, 9 a.m. to 5 p.m., and Nov. 7, 10 a.m. to 7 p.m., at the Grand Central Centre, 160 Carverthorpe St. A variety of handmade objects in a variety of media and price ranges. Admission at the door. Information at artisanart.ca.

Nov-Sugar Tonight Gala

Nov. 6, 8:30 p.m. to 10:30 p.m., at Adam Sellschopp in the Bestborough. Presented by the Canadian Diabetes

Association. An evening of fine dining and entertainment featuring a diabetes-friendly menu by Executive Chef Chris Hill. Guest speaker Dr. Casper Bell and entertainment by Stephen McQuay and David Long. With a silent auction table. Tickets at proceedsinfores.com or 306-989-1010, ext. 26303, julie@diabetes.ca.

Celestial

Nov. 6 at TCU Place. A weekend-long dance festival celebrating 20 years of Free Flow Dance Theatre. Featuring Free Flow Dance Theatre, Free Flow Dance Centre, Dance in the Prairie, Desert Dancers, Kelly Dance, Saskatoon Dance, Dance Co. and Dance Ink. Each show offers something different. Tickets at 306-458-5901, artisticdirector.ca.

Wasteful Community Centre's

Knitting Group Saturdays, 10 a.m. to 3 p.m., at 3448 Fairview Dr. Free knitting for all ages. Free knitted goods from a local bakery. They take donations of clothing, footwear, accessories and toys. Information at 306-323-5737.

Free Documentary on selling

Nov. 7, 10 a.m., at McClure United Church, 4225 Taylor St. E. An inspirational message about being generous and his teaching about self-healing, now used in free self-help groups in 120 countries. Some screenings are free. Don't miss this important information. Call circle.saskatoon@gmail.com, 306-664-3231, www.growingup.org/philip.

Country Farms Marketplace Book

Release Nov. 10 a.m. to 3:30 p.m., at Confederation Mall across from Urban Planet. Commit lunch event. Set-up until the launch to lunch. They will be the main location Thursday and Saturday, 10 a.m. to 4 p.m.

Armed Forces, War and Red Sox

Nov. 10, 7 p.m., at the Red Sox Tower, 1221 Thompson St. \$60 is on the main floor and the bar is on the third floor.

Saskatoon Lions Band Practices

Sundays, 10 a.m. to 3 p.m., at 236 Ave. V. The community marching band meets and practices. Admission ages 12 to 25, with at least one year of playing experience, are welcome. Corresponding fee level is \$10. It is at the same time, with no experience necessary. Information at 306-249-5611, bandsarmstrong@sask.ca.

EVENTS

Loves in Motion Shaker
Nov. 7, 7 p.m., at Princeton
Park. A fundraising event with
entertainment and activities
for all ages. Information at
lovesinmotion.com. All funds
raised support Parkview Soci-
ety's Saskatoon.

Stark Night Fundraiser
Nov. 9, 5 p.m. to 7 p.m. Cel-
ebrating Aleksey's 10th
Saskatoon's 10th anniversary
with a silent auction and door
prizes. Tickets and information
at 306-554-0038.

**OP Broadway Phoenix
Market, International Bazaar,
and Bazaar**
Tuesdays, 10 a.m. to 6 p.m.,
in the basement of Grace West-
minster United Church, 555
10th St. E. Offering a variety of
locally produced food, clothing
and accessories from India, op-
er products, baking, and linens.
Nov. 10-11. Nov. 10's welcome
call 306-664-2940 or email

ameli.hartman@shaw.ca.

Modern Square Singers
Class
Monday until April 6, 8 p.m.
to 10 p.m., at St. John's
Anglican Church Hall, 8601 Lorne
Ave. City Bazaar, new classes
class. Open to all ages. Infor-
mation at 306-250-6433.

**An Evening of Barbershop
Harmony**
Nov. 8, 7:30 p.m., at St. John's
Cathedral Parish Hall, 816
Saskatoon Circle. Featuring the
Chime Chordians Chorus and
soloists. Coffee and refresh-
ments will follow the concert.
Admission by donation.

Good Old Time Dancing
Second and Fourth Tuesday of
the month: October to April,
7:30 p.m. to 9:30 p.m., at St.
John's Anglican Church, 1951
Lorne Ave. Presented by the
Saskatoon Pattern Dance Club.
Sister dances are held in the

first hour. Information at 306-
374-9383, 306-382-5907.

Book Signing at Mobility
Booker prize-winning author
Marilyn Robinson, 3530 14th St.
E. For schedule and informa-
tion visit mobilitysaskatoon.com,
mobilitysaskatoon.ca.

English for Employment Class
Hosted by the Saskatoon Open
Door Society. Improve English
pronunciation and communi-
cation, and learn what you
need to find work in Saskatoon.
Information or register here at:
306-250-4337, 306-953-4464,
306-250-4338, thesaskatoonnews.ca
or ajane@sknews.ca

THEATRE

This is War
Nov. 4-10 at Park Theatre
Theatre's Backstage Stage. A story
of modern warfare and loss.
After providing backup support



Alfred Thompson and Diane Brown perform in Life, Death and the Storm, which runs until Nov. 8 at Park Theatre. Tickets

for an adaptation in Afghanistan
that went deeply wrong, two
Canadian soldiers recount their
own versions of what happened
that night. Tickets at 306-382-
7727, theparktheatre.ca/eng.

Shakespeare's Merchant
Nov. 4-10 in the AKA Theatre
Auditorium. A story of love and
loss. Tickets at 306-382-7727.

An adaptation of Shakespeare's
immortal tale of dark
magic and deadly ambition.
Tickets at 306-382-7727.


Calcutta
Nov. 6-10 at Broadway Theatre.
The Saskatoon Summer Play-
ers' season opener. A complex
story of love and war set in

a Berlin nightclub in the late
1920s. Tickets at 306-602-
6056, broadwaytheatre.ca
information at, saskatoonsum-
merplayers.ca.

Life, Death and the Storm
Nov. 4-10 at Park Theatre. The-
atre's Backstage Stage. A story
of modern warfare and loss.
After providing backup support
for an adaptation in Afghanistan
that went deeply wrong, two
Canadian soldiers recount their
own versions of what happened
that night. Tickets at 306-382-
7727, theparktheatre.ca/eng.

OP Canada (What a Feeling)
Nov. 11, 7:30 p.m., at TCU Place.
A musical documentary
celebrating the rich, vibrant
musical legacy of this coun-
try. Tickets at 306-975-7795,
tcu.lets.ca.

Good Old Time Dancing
Second and Fourth Tuesday of
the month: October to April,
7:30 p.m. to 9:30 p.m., at St.
John's Anglican Church, 1951
Lorne Ave. Presented by the
Saskatoon Pattern Dance Club.
Sister dances are held in the



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Nuts About Nature

At Beaver Creek Conservation Area

It's local. My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Why do some animals have hair while others have fur?



Joak

It looks like winter is around the corner again, so this is the time when my mammal friends grow a thick coat of fur to survive the cold winter months ahead. Beaver is a nut, hair and fur are actually the same thing! So when your parents ask you to brush your hair in the morning you can tell them that you would either brush your fur or make it. Your hair is a fascinating part of your body and it comes in hair types: primary hair and secondary hair. Primary hair is sometimes called guard hair because it guards the skin from things like insects, cold winds and the weather. The primary hair on a beaver is special because it prevents water from touching their skin while swimming, just like a neoprene! Other examples of primary hair are porcupine quills and the hair on your head. Secondary hair, on the other hand, is very soft and fluffy and is usually found underneath the primary hair. Secondary hair acts as an undershirt, helping to insulate the animal, keeping it warm. Many mammals around Saskatoon have warm underfur, including the sheep that visit Beaver Creek in the summer and the moose that visit us in the winter.

Send your questions to me at the address below. Then watch Bridges for the answers.

Your pal, Chip
P.O. Box 10000, Beaver Creek
10000 Highway 401
10000 Highway 401
Beaver Creek, Ontario
Website: www.bridges.ca
Email: bridges@bridges.ca

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and Joak's names are for
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Meewasin

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bedpaj@thestaffnews.com. One winner will be chosen each week.



LAST week's contest winner is Zorissa Zorileva. Thanks to everyone who submitted entries.



"I support the Y because I want to create a safe, equitable community."

YWCA Saskatoon is working every day to improve the well-being of women, girls and families.

Find out how you can help at www.ywcaskatoon.com (306)244-7034 ext 122



YWCA
SASKATOON

FOOD

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

RECIPE

Crispy Bread Salad a good starter for fall feast

By Renee Kohlman

Brussels sprouts can be quite the divisive brussels — as they put you into one or the other. When roasted until their skins blister and burnish, I love them. If they are loaded until they resemble nothing but smelly green mush, I hate them. It's all about proper cooking and seasoning.

It's the same with mushrooms. Served rare, I won't go near them, but when roasted they absorb the spices and seasonings you've tossed them in, becoming savory, earthy joys in eat. If you like neither Brussels sprouts or mushrooms I expect you've left this page long ago. Oh, but too bad because this salad is a real treat for fall and winter. You may think this salad consisting of bread and vegetables are confined to summer, but you're wrong.

Crispy bread cubes can be tossed with any seasonal vegetables at any time, but in fall and winter, the veg tables are best of roasted. Seriously. Who wants to eat a palid, tasteless, soggy bit of a tomato in winter?

This recipe for a lovely vegetable salad comes from *The Delectable Vegetable Cookbooks* by West Coast chef Bill Jones, who knows his way around a vegetable plot. Author of 12 cookbooks and an expert on growing all the things and bringing all the things Jones' latest volume, published by Random House Kitchen, is a diverse collection of vegetable recipes.

There are soups and stews, terrines and casseroles, even a section on preserving. Vegetables are smoked and grilled, stuffed and roasted, made into flatbreads and pastas. Jones even has eight dessert recipes — *Philly Roll with Parsnips*, *White Chocolate and Sesame* — of particular interest to me.

The first 60 pages alone are terribly informative, including a primer on how to best cook and store a variety of vegetables. Jones also dives on proper cooking cues, hints, and to be frank, it's a good stuff to know if you are a neophyte in the kitchen.

I created up this salad on a weekday, using Brussels sprouts and oyster mushrooms from the Backusons Farmers' Market, while the crispy bread came from The Night Oven bakery. The veg were loose in a fragrant space mix and roasted until soft and blistered in places. The eat that about the bread cubes are that they get dried in a garlic-butter bath then coated in Parmesan cheese while hot. Brilliant technique there.

Everything mingles and mingles in a citrus vinaigrette (the orange juice adds a second note a little, but my house was unimpressed) — it's a subtle yet necessary bit of brightness and becomes a salad full of texture and taste. I showed some Parmesan on each serving and thought to myself, so often do we have bread, would only improve such flavors as even have cooked bread or cheese could provide a glorious punch if you were going the full salad diet. As it were, this is a great starter or side dish for a fall feast or simple supper.



Crispy Bread Salad is combined with roasted Brussels sprouts and oyster mushrooms. Recipe photo by Jeff Kohman

Crispy Bread Salad with Roasted Mushrooms and Brussels Sprouts

- > 2 lb Brussels sprouts, trimmed
- > 1 lb oyster mushrooms (or any mushrooms)
- > 1 cup olive oil
- > 1 cup ground garlic
- > 1 cup ground coriander
- > 1 cup vinegar
- > 1 cup salt
- > 1 cup smoked paprika
- > 1 cup fresh black pepper
- > 1 cup ground coriander
- > 1 cup butter
- > 1 cup minced garlic
- > 1 cup cubed bread (about whole loaf, 16 cups)
- > 1 cup ground Parmesan cheese
- > 1 cup vinegar
- > 1 lemon, zest and juice

- > 2 cups olive oil
- > 1 cup chopped fresh flat leaf parsley

Instructions:

Preheat oven to 350°F. On a shallow baking sheet, combine the Brussels sprouts, mushrooms, olive oil and spices. Toss to coat and season well with more salt and pepper. Place in oven and roast for about 30 minutes until the sprouts are soft and browned, stirring once or twice. You may need to add more olive oil if they seem too dry. Remove from the oven and let cool to room temperature.

In a sauce pan over medium-high heat, place the ground oil, butter and garlic. When sizzling, add the bread cubes and

saute for 3-4 minutes or until they absorb the seasoning and just begin to brown. Watch you don't burn the garlic. Add the Parmesan cheese and toss quickly to evenly coat the bread cubes. Remove from heat. In a small bowl, combine the remaining olive oil and vinegar and salt. Whisk to combine. Add the olive oil in a slow steady stream, whisking until it's incorporated and emulsified.

In a mixing bowl, combine the roasted vegetables and bread cubes. Drizzle with half the dressing and toss to mix. Transfer to serving platter or plate and drizzle with remaining dressing. Garnish with parsley and serve at room temperature. Makes 4 servings.



GARDENING

GARDENING IN SASKATCHEWAN

Seeding fall vegetables worth a try

By Jackie Bantle

If you are one of those vegetable gardeners who is not quite ready to say goodbye to the 2015 growing season, there is one fall project that you may want to try.

Besides garlic, fall seeding vegetables is not a common practice on the Prairies but one that is worth trying. Not all vegetables can be seeded in the garden before winter but there are a few vegetable crops that can be fall sown with success.

Most vegetable gardeners love to get an early start on the growing season. There is no better way to take advantage of moisture from the spring melt and showers than getting those seeds in the ground before the moisture appears. Because fall seeded vegetable crops will emerge early in spring, crops that will be killed or permanently damaged by spring frosts should be avoided.

Soil preparation is just as important before fall planting as it is in the spring. To prepare the seed bed, use a no-till or reduced-till method to match any of this year's left over disease-free vegetation in the garden patch. If mulching is not an option, remove plant debris and place it in your compost bin. Any diseased plant material should be burned or discarded in the trash. Add well-composted manure or other organic compost to your garden, especially to the area that will be fall seeded.

Work this compost into your fall garden area with a rototiller or by turning over the soil with a spade. It is a good idea to work up the entire garden area in the fall. This will bring overwintering and pests to the soil surface where they will hopefully freeze or desiccate over the winter months. Make the area to be seeded to provide a level surface. As with any seeding operation, it is important to have good soil to seed contact for moisture, uniform germination.

Dry soil is preferred for fall seeding since moisture will encourage seed rot and seed germination in fall. Avoid fall seed sowing in warm season crop crops like corn, beans, cucumbers, pumpkins or squash. Seeds of warm season crops do not tolerate cold soil conditions.

In general, cool season crops tolerate colder temperatures during germination, growth and storage. Despite their preference for cooler temperatures, not all cool season crops can be successfully fall seeded on the Prairies. Crops that are worth trying to fall seed include onions, radishes, broccoli, cabbage, kohlrabi, spinach and kale.

A general rule of thumb for fall vegetable seeding is to seed deeper and denser than in spring. Increase all depths and densities by 50-60 per cent. Following are some general guidelines for fall seeding kohlrabi and spinach — 1 cm deep, 1 cm between seeds, kohlrabi and cabbage — 1 cm deep, 15 cm between seeds, kale — 1 cm deep, 1.5 cm between seeds. Do not water your seeds after fall seeding.

While I wouldn't plan to seed all my kohlrabi or onion in the fall, it is a good way to get a jump on the growing season in spring for some early harvested vegetables. Good luck with your fall planting. I'd write more, but the snow is here so vegetable planting is a bit before the snow flies.

Bantle is a horticulturist living in Saskatoon.



Fall seeded spinach. PHOTO BY JACKIE BANTLE

WORLD

DR. ROOZE

Spanish red delivers to all kinds of tastes

I was at a Spanish wine tasting last week. Watching the crowd reaction to various styles of wine was more fascinating than the wine. People, ordinary people in the street types, had quite definite reactions in taste, and the producers were much nobler than I expected.

At one end are those who like ripe tannin wines; at the other people want subtle lean reds. In Spain, leaner wines happen to be slightly cheaper. A number of people were surprised in the middle, seeking some of the riper more obvious fruit flavours but still wanting a dry wine with some tannin behind it. Spain is a great place to blend for such wines because both vineyards and grapes are young (for Spain) and experimental still.

Alba de Lasas over-delivers on all of this. This is a wine from a vine — a mere 100 years or so old — region southwest of Barcelona.

The wine is a big, meaty red, a blend of Monastrell, Cabernet Sauvignon and Tempranillo. To the first two are heavy-bodied wines full of tannin. Tempranillo is more refined, the grape of Rioja. Rioja Alta produces the finest, most elegant versions of the wine, and is high about 100 to 200 metres. Jaramila is also high, around 600 metres so you can expect it to produce more of same. However all three grapes can suffer for decades if you wait a time still.

A product of the torrid, arid and indigenous mid-year. Alba is a great place. The bouquet



is spicy and meaty with black and red berries, vanilla and a bit of clove. The palate is remarkably smooth, with a rounded, rich palate and a bright acidity.

Alba de Lasas, Jaramila, Spain, 2012 \$28-30 www.

Whisky on Monday and the Beer Calendar here. Other stuff on Twitter @drrooze.

Crossword/Sudoku answers

HOW	WHAMMO	OKAY
IPO	AULAIT	NERO
FEVER	DITCH	EYED
IRENE	FIRE	DANCE
SAND	RECORD	DEAL
OVA		TAS
LEG	WARMERS	VIPE
ALA	EARNER	AIM
GIZA	SWEAT	PANTS
TIE		
FALL	CAISSON	LATE
OWLE	MOUTH	NIXES
GALE	DEANABLES	
CROS	ATARIS	ETA
LENT	RAMADA	SHY

7	4	9	8	3	6	5	1	2
2	8	6	5	1	7	3	9	4
5	3	1	2	9	4	8	6	7
8	7	5	1	4	3	9	2	6
9	2	4	6	5	8	7	3	1
6	1	3	7	2	9	4	5	8
1	6	7	9	8	5	2	4	3
4	9	2	3	7	1	6	8	5
3	5	8	4	6	2	1	7	9



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